

WHO SHOULD TAKE THIS CLASS?

- ∴ Parents with a minor child who are experiencing divorce or separation.
- ∴ Those who may be seeking custody, visitation or paternity of minor children.

WHAT IS THE CLASS ABOUT?

The Co-Parenting for Resilience program is a four-hour class that is based on current research. It uses a combination of lecture, discussion, video, activities and examples to help parents discover effective strategies that promote their children's healthy adjustment to their parent's separation.

The class addresses the following topics as required by Oklahoma law and the court system:

- ∴ Understanding the divorce process, including the emotions and experiences of children and parents, and how to promote healthy adjustment to parental separation.
- ∴ How children are affected by parental separation, both short term and long term.
- ∴ How the parent-child relationship changes following parental separation or divorce.
- ∴ How to talk to your children about parental separation or divorce.
- ∴ Developing a co-parenting plan.
- ∴ How to manage conflict with a co-parent.
- ∴ Financial obligations.
- ∴ How to remain involved in your children's lives.
- ∴ Family violence and other red flags to parents working together.
- ∴ Reconciliation as an option for some separating parents.
- ∴ Area resources available to help you and your family during and after parental separation.

WHO ACCEPTS THIS CLASS?

The Co-Parenting for Resilience class was created by Oklahoma State University. The class is taught by specially trained Extension educators, and it has been accepted by judges and recommended by lawyers across Oklahoma for more than 20 years.

The class was developed by experts in the field and is continuously evaluated and updated to ensure the highest level of quality and effectiveness based on the latest research findings.

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WHAT DO CLASS PARTICIPANTS HAVE TO SAY?

"I needed this class to help me learn how to deal with my children, how their feelings matter and how the divorce affects them. Thanks for teaching a program like this."

"This program taught me how important it is to communicate with my co-parent and how important both of us are in our children's lives."



TO REGISTER FOR A CLASS

ON-SITE:

To find an on-site class offered near you, check the [Co-Parenting Calendar](#) on our website or contact your local county Extension office.

ONLINE:

In addition to on-site classes, The Oklahoma Cooperative Extension Service offers an online option of the Co-Parenting for Resilience class for those participants who have been authorized by their judge to complete the program requirement online.

VISIT OUR WEBSITE
coparenting.okstate.edu



HOW DO I REGISTER FOR AN ON-SITE CLASS?

To register for a class, you need to do four things:

1. Choose which on-site class you would like to attend.
2. Fill out the registration form and survey provided by your county Extension office or found on the co-parenting website (coparenting.okstate.edu).
3. Pay the fee with a check, money order or cashier's check.
4. Put the registration form, the completed survey (or the survey verification form if taken on the co-parenting website) and payment for the fee in an envelope and return it to your county Extension office.

Once your county Extension office receives your forms, they will register you for the next available class. You should complete this process at least three business days before the start date. This will help guarantee your seat in the class of your choice.

**TO FIND YOUR LOCAL
COUNTY EXTENSION OFFICE,
PLEASE VISIT:**

countyext2.okstate.edu



**Co-Parenting for Resilience:
HELPING PARENTS HELP THEIR CHILDREN**

CLASS INFORMATION

Oklahoma Cooperative Extension Service
Family and Consumer Sciences
College of Human Sciences

